QUICK REFERENCE SHEET

LeFaith

Essential Oil Blend

Bergamot, Cabreuva, Frankincense Carterii, Frankincense Serrata, Katrafay, Melissa Blend, Rose Absolute, Rosewood

APPLICATION:

LeFaith is very nice diffused, relaxing in a bath, can be diluted with a carrier oil and used for massage.

AROMATIC CONSIDERATIONS:

The aroma of this blend promotes feelings of self-worth and a desire to heal. It makes one want to be truly well, happy, and content. LeFaith turns our thoughts to gratitude for the blessings we have received.

AFFINITY FOR:

heart chakra, throat chakra, kidney meridian

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeFaith is very much a blend specific to emotional healing of many kinds. This blend seems to bring us self-awareness and clarity about our own strengths and weaknesses without burying us in negativity or guilt concerning past mistakes. LeFaith helps us to let go of behavioral patterns that are tied to negative emotions about past experiences, promoting a healthy acceptance of the past and a desire to move forward into the future.

This blend is specific for dealing with fears concerning being abandoned or left to cope with situations totally on one's own. If you are prone to useless worrying, you may find this blend helpful. As its name implies, it generates feelings of faith and self-confidence within us. Humility and teachableness are also gifts of this blend.

PHYSICAL ASPECTS:

Although this blend is very much in the emotional realm, it has proven helpful for menstrual cramps and for lowering high blood pressure. In situations for which this blend proves useful, you will see the underlying emotional patterns described above.

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